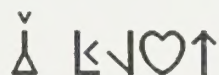


6

Being Sexual: An Illustrated Series On Sexuality and Relationships

FEMALE MASTURBATION



By Susan Ludwig and David Hingsburger



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

Blissymbols used herein are derived from symbols described in Semantography, original copyright © C.K. Bliss 1949. © Blissymbolics Communication International, 250 Ferrand Drive, Suite 200, Don Mills, Ontario, Canada M3C 3P2. Exclusive licensee 1982.

The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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FEMALE MASTURBATION

1

Masturbation

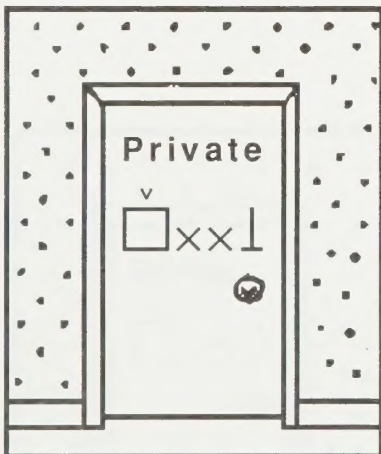
⌞↘♥↑

(genitals + to touch + pleasure)

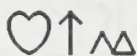
A **woman** can learn how to give herself **sexual pleasure**. This is called **masturbation**. **Masturbation** means **touching genitals** in a special way to **feel sexual pleasure**.

△ · ∇ ∩ ∪ ⌞↘♥↑.

(A) woman can learn to masturbate.



Sexual Pleasure

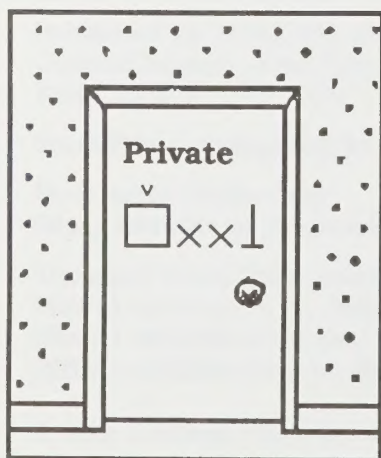


(pleasure + sexual)

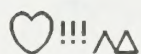
Some parts of her **body** will give her **pleasure** more than others. Sometimes **touching** her **body** one way will **feel** good and other times **touching** her **body** another way will **feel** good.



She can learn which body parts give her (the) most sexual pleasure.

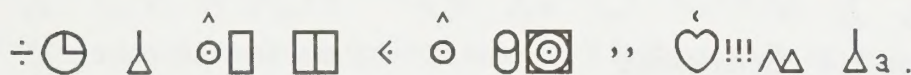


Sexual Arousal

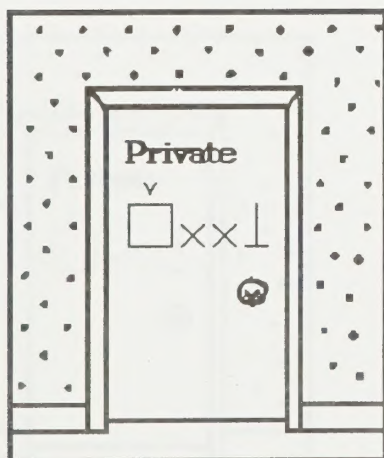


(excitement + sexual)

Sometimes a **woman** will read or see something like a book or a film which will make her **feel sexually aroused**.



Sometimes (a) woman will read (a) book or see (a) film which will sexually arouse her.



Thoughts



(mind + down + plural indicator)

Sometimes a **woman** will have thoughts that will **arouse** her **sexually**. She may think of someone to whom she feels attracted **sexually**.



Sometimes thoughts will sexually arouse (a) woman.



(To) Masturbation

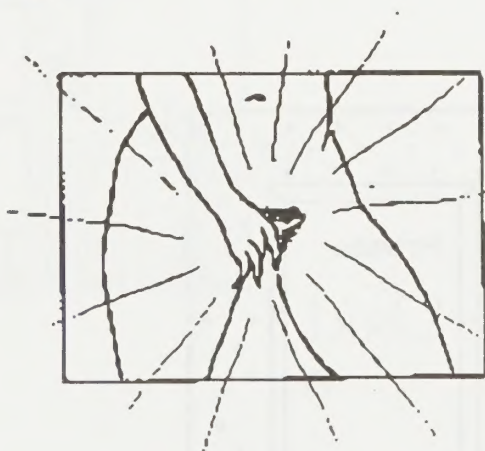
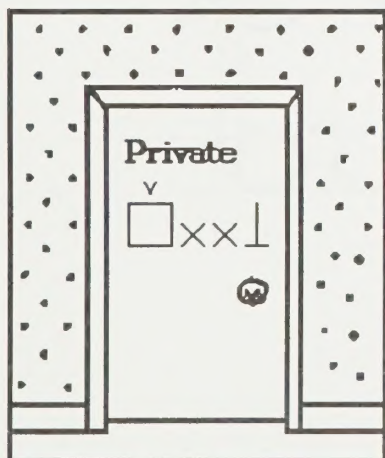
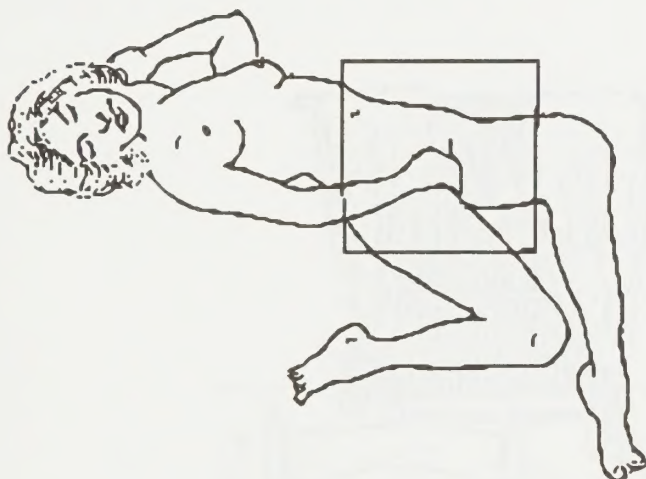
⌚↓♥↑

(masturbation + action indicator)

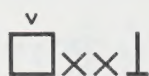
A **woman** may want to **masturbate** when she has these thoughts or feelings. It feels good to **masturbate** when **sexually excited**.

Δ ♥? ⌚↓♥↑ ,,⊙ Δ₃ ♥ ♥!!!^Δ .

(A) woman may want to masturbate when she is feeling sexually aroused.

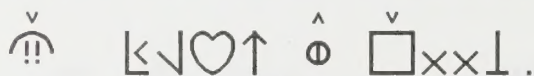


Private

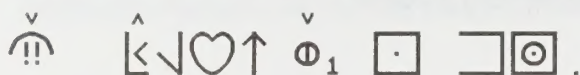


(to close + public + description indicator)

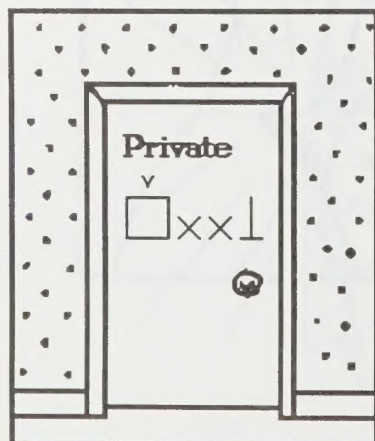
Masturbation is a **private** act and needs to be done in a **private** place so that no one will interrupt. The bedroom is a **private** place if a **woman** is alone and the door is shut. Remember **private** does not mean dirty or bad.



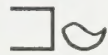
Important - masturbation is private.



Important - masturbate alone in (the) bedroom.



Bathroom

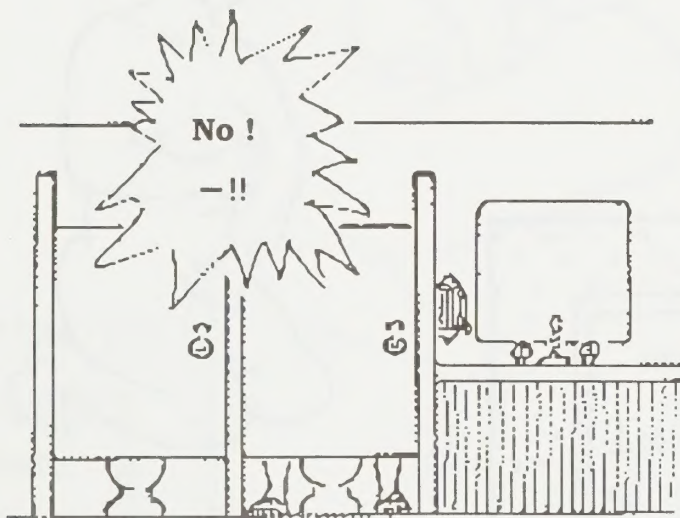


(room + to wash)

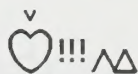
The **bathroom** is another **private** place if the door can be locked. **Bathrooms** that have stalls are **public** places even though you can lock the stall door. Do not **masturbate** in a **public bathroom**.



Important - masturbate alone in (the) bathroom but not (a) public washroom.

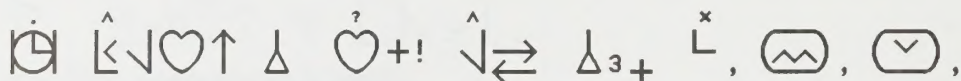


Sexually Aroused

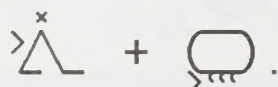


(sexual arousal + description indicator)

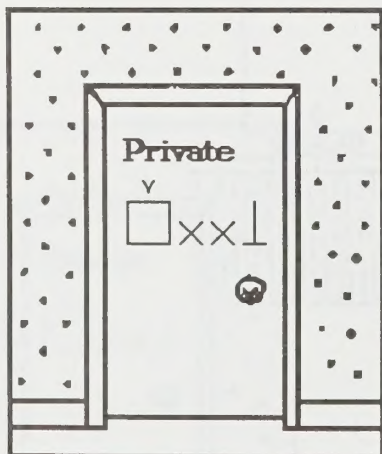
While she is thinking about the things that make her **feel sexually aroused**, she may begin to **touch** different parts of her **body**. She may **touch** her **arms**, her **breasts**, her **stomach**, her **thighs** and her **pubic hair**.



While masturbating (a) woman may like to stroke her arms, breasts, stomach,



thighs and pubic hair.

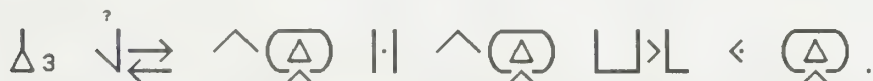


(To) Touch

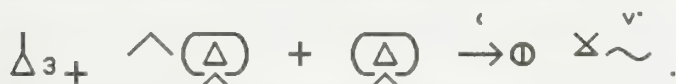


(hand + action indicator)

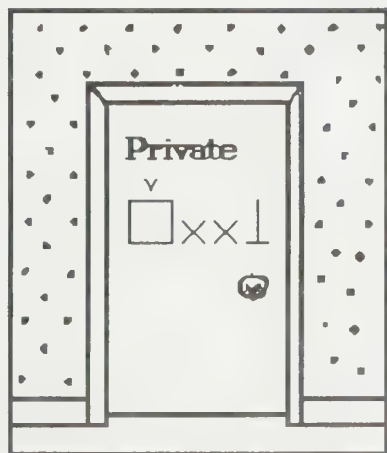
She may want to **stroke** the **vulva**, the area between the **vulva** and the **anus** or inside the **vagina**. When a **woman** feels **sexually aroused**, these parts become very wet, and **touching** them feels very good.



She may stroke (the) vulva, between (the) vulva and anus or (inside the) vagina.



Her vulva and vagina will become wetter.



Clitoris

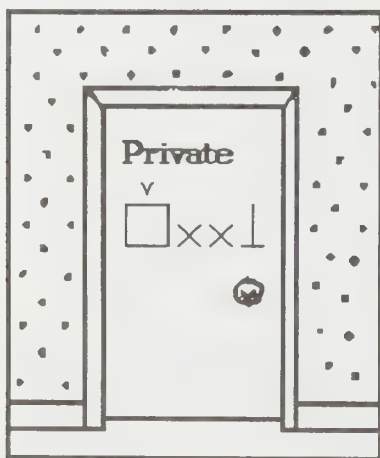
$$\div \text{K} \Delta !$$

(part of + female genitals + intensity)

While she is **touching** her **vulva**, she may want to **touch** her **clitoris** which is the **body** part which gives her **intense sexual pleasure**. At first the **clitoris** may **feel** very sensitive, but after **touching** it for a while, it will become swollen and make the **woman feel** very **sexually aroused**.

$$\div \text{K} \Delta ! \quad \hat{\Delta} \quad \heartsuit \quad !!! \quad \Delta \Delta .$$

(The) clitoris causes sexual arousal.



Sexual Pleasure

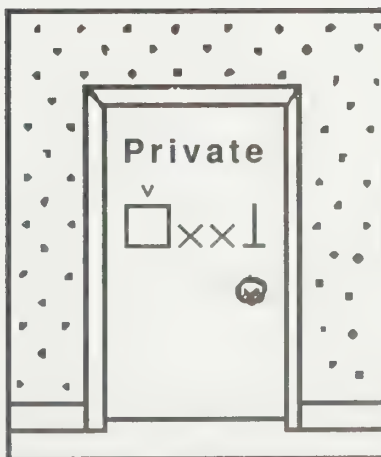


(pleasure + sexual)

While she is **masturbating**, a **woman** will **feel sexual pleasure** throughout her **body** as well as in her **genitals**.



During masturbation (a) woman feels sexual pleasure throughout her body.



(To) Masturbate

$$\hat{\mathbb{K}} \downarrow \heartsuit \uparrow$$

(genitals + to touch + pleasure)

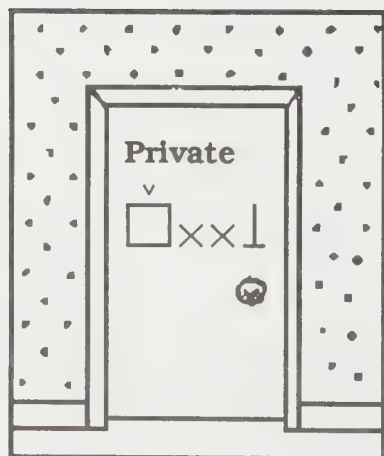
As she continues to **masturbate** her breathing quickens and her muscles become tense. If she were to look in a mirror her face and upper **body** would be flushed.

$$\text{⌚} \quad \hat{\mathbb{K}} \downarrow \heartsuit \uparrow \quad \Delta \quad \hat{\mathbb{Z}} \text{O!} \quad , \quad \Delta_3 + \quad \text{⊕} \quad + \quad \div > \text{O} < \quad \text{⊙} \text{⊙}$$

While masturbating (a) woman breathes faster, her face and upper body redden

$$+ \quad \Delta_3 + \quad \overset{x}{b} < \quad \hat{\mathbb{K}} \text{K} .$$

and her muscles tense.



Orgasm

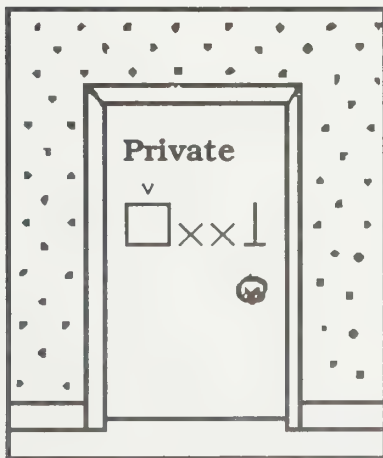


(excitement + genital)

She may move her hand more quickly and **feel** a strong contracting feeling around her **vagina**. This is an **orgasm** and it is a strong feeling of **pleasure** and relief.



(A) woman may stroke more quickly and have (an) orgasm.

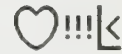


After



(reference line + dot)

Orgasm

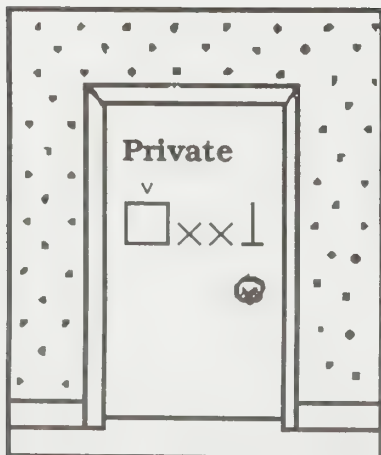
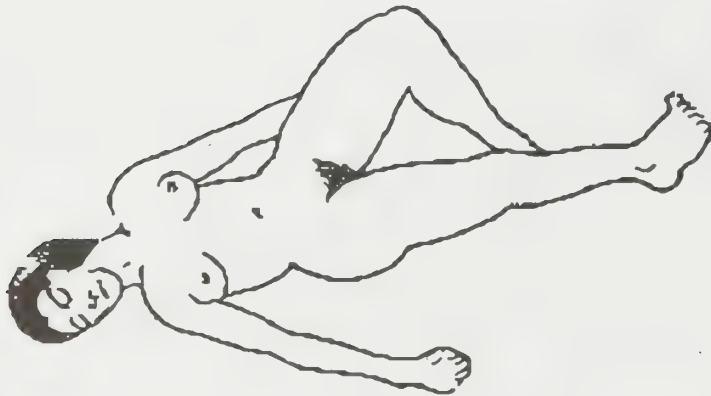


(excitement + genital)

After an **orgasm** a **woman's sexual body parts** may be very sensitive, and she may **feel** very sleepy.



After orgasm (a) woman's sexual body parts may feel sensitive and she may feel sleepy.



Fact



(mind + real)

Opinion



(mind + mouth)

Some **people** believe that **masturbation** is bad. This is their **opinion**. **Facts** and **opinions** are different. **Facts** are what we know to be true, **opinions** are what some believe to be true.

÷ 1^x ^ L√♥↑ ^ ^^v!

Some people think masturbation is bad.

∴ ^ 1^x 3+ ^ , -! ^.

This is their opinion, not (a) fact.



Sexual Pleasure



(pleasure + sexual)

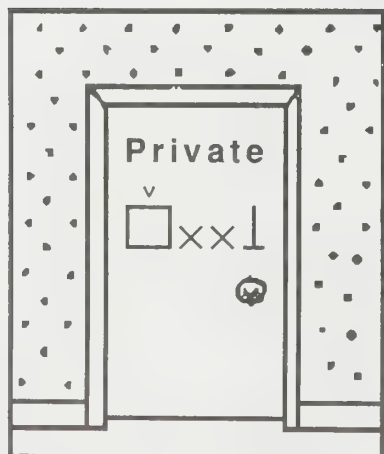
Some people may feel guilty after having an **orgasm** if they have been told that **masturbation** is **bad** or **wrong**. Remember that wanting to enjoy **sexual pleasure** is normal, and **masturbation** is one way to do this.

⊥ -! / ∠ ∠ ∠ ∠ -! > ⊥ ∠ ∠ ∠.

(A) person does not need to feel guilty about masturbation.

× ⊥ ∠ ∠ ∠ ∠ ∠ ∠ + × ⊥ ⊥ ∠ ∠ ∠ ∠ ∠ ∠.

Most people want to enjoy sexual pleasure and most people masturbate sometimes.



Masturbation

$$\mathbb{K} \downarrow \heartsuit \uparrow$$

(genitals + to touch + pleasure)

When a **woman** does not choose or is not able to have a **sexual** relationship with another **person**, **masturbation** helps to relieve **sexual** tension. She cannot get **pregnant** or catch a sexually transmitted disease by **masturbating**. She cannot hurt herself if she is careful and gentle when **touching** herself.

„⊙ Δ -! ♡} < -! ∙√ ± ∇ ∇ ♡|| ++ |₂ ,

When (a) woman does not want or is not able to have sexual intimacy with another,

$$\mathbb{K} \downarrow \heartsuit \uparrow \hat{A} .$$

masturbation helps.



(To) Decide

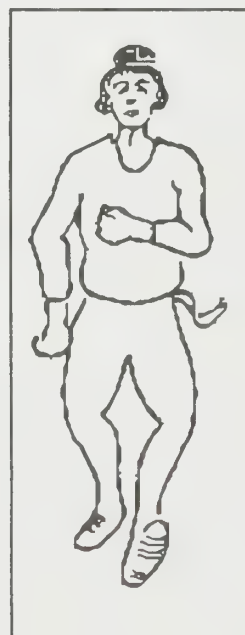
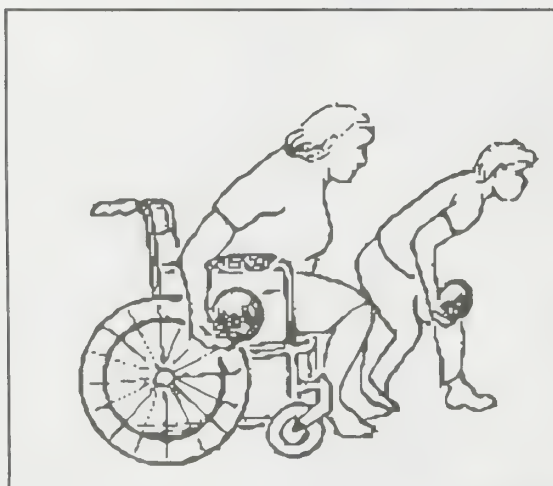
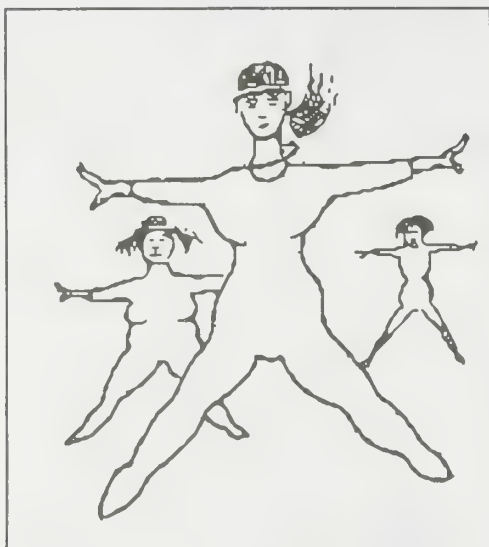


(mind + to arrive + action indicator)

Some women choose not to **masturbate**. This is OK too. One has a choice, and a **woman** can **decide** for herself.

÷ Δ × -! ♥ ∩ ∫ √ ♥ ↑. Δ ∙ √ ∩ > Δ₃.

Some women do not want to masturbate. (A) woman can decide for herself.

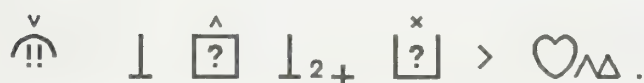


Questions



(question mark + open + plural indicator)

It is your right to know about your **body**. If you have **questions** about **masturbation**, find someone who is willing and comfortable to discuss it with you. Not everyone is comfortable talking about **sexuality**. You may want to ask the **person** who gave you this book.



Important - find (a) person to answer your questions about sexuality.

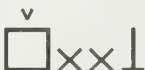
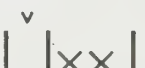


You may want to ask (the) person who gave you this book..



Glossary of Key Words and Blissymbols

after		(reference line + dot: dot comes after the reference line. This symbol refers to both time and space.)	·
anus		(opening + buttocks)	□>L
bathroom		(room + to wash)	□∞
body		(pictograph: the symbol suggests the trunk of the body, without head and limbs. The symbol may be used for body in a general sense.)	○
breasts		(body + two pointers, to breasts)	○⋈
clitoris		(part of + female genitals + intensity: part of the body which produces intense sexual excitement)	÷ ≤Δ!
decide (to)		(mind + to arrive + action indicator: to arrive at a rational position)	⤵
fact		(mind + real: something that one thinks is real)	⊕
feel (to)		(feeling + action indicator)	⤵
feeling	sensation	(symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart, also used to represent sensation)	♥
female		(woman + description indicator)	∨ △
genitals		(standing person + pointer, to genital area)	≤
important		(mind + two intensity symbols + description indicator: of intense interest)	∨ ⋈
masturbation		(genitals + to touch + pleasure)	≤∨♥↑

opinion		(mind + mouth: expression of what one thinks)	
orgasm		(excitement + genital)	
people		(person + plural indicator)	
person		(the symbol suggests a human being standing, with feet turned out)	
pleasure		(feeling + up: uplifted feeling)	
pregnant		(pregnancy + description indicator)	
private		(to close + public + description indicator)	
pubic hair		(hair + body + pointer, to hair)	
public		(open + public + description indicator)	
question		(question mark + open: the question is open-ended)	
sensation	see feeling		
sexual arousal	sexual excitement	(excitement + sexual)	
sexual excitement	see sexual arousal		
sexual pleasure		(pleasure + sexual)	
sexuality		(feeling + gender)	
stomach		(body + pointer to stomach)	

stroke (to)		(hand + back and forth + action indicator)	
thigh		(legs and feet + pointer, to thigh)	
thought		(mind + down: a thought issuing from the mind)	
touch (to)		(hand + action indicator)	
vagina		(uterus + pointer, to passage)	
vulva		(protection + vagina)	
woman		(combination of person and female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.)	

Combined Symbol Glossary

The following symbols are normally enclosed within combine indicators ∞ to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

sexual body parts	(sex + part of + body + plural indicator)	$\infty \times \div \text{O} \wedge \infty$
upper body	(above + waist)	$\infty \div > \text{O} < \infty$

Being Sexual: an illustrated series on sexuality and relationships

1 Relationships. Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

2 A Woman's Body. Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

3 A Man's Body. Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

4 Adolescence. Describes the changes of puberty and adolescence and their influence on sexuality. (31 pages)

5 Male Masturbation. Describes masturbation and validates this as a choice for any man. Discusses fantasy as an aspect masturbation. (38 pages)

6 Female Masturbation. Describes masturbation and validates this as a sexual choice for any woman. (19 pages)

7 Heterosexual Intercourse. Describes sexual intercourse including sexual responsibility and mutual pleasuring. (25 pages)

8 Human Reproduction. Describes reproduction from fertilization to birth. Includes premature birth, Caesarian section, miscarriage and abortion. (25 pages)

9 Birth Control. Describes birth control options and suggests additional sources of information on contraception. (33 pages)

10 Homosexuality. Defines homosexuality and distinguishes it from homosexual behaviour. Suggests community resources for more information. (33 pages)

11 Sexuality and Physical Disability. Validates all people as being sexual. Discusses ways to achieve a satisfying sexual life in the presence of a physical disability. Co-authored by Michael Barrett, Chairperson, SIECCAN. (33 pages)

12 Sexually Transmitted Disease. Describes common STDs. Discusses symptoms, treatment and prevention. (30 pages)

13 AIDS. Explains how Acquired Immune Deficiency Syndrome is transmitted and how it develops. Defines "safer sex". (27 pages)

14 Sexual Self Advocacy. Discusses the right to sexual expression. Suggests how people in residential settings might influence policies that guarantee that right. (25 pages)

15 Sexual Abuse. Defines abuse, exploitation, incest and molestation. Describes what may happen after abuse and disclosure. (43 pages)

16 Sexuality and Aging. Describes how sexuality and sexual expression may be affected by aging. (25 pages)

17 Teaching Manual. Outlines the philosophy and potential uses of the series. Explains the Blissymbols developed for the series. (18 pages)

**Ordering information from: SIECCAN, 850 Coxwell Avenue, East York, Ontario M4C 5R1
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